



SWOA Relay

+ Individual Short Green Course
+ Individual Course for Beginners

Sunday 12th June 2022

Coate Water Country Park, Swindon



www.northwilts.org.uk

Acknowledgements: Access is by permission of Swindon Borough Council.

Venue / Parking: Coate Water is a country park on the edge of Swindon near M4 J15. Use the main car park entrance. Nearest Post code: SN3 6AA See [map](#)

Parking will be on the main hardstanding car parks or in an overflow car park. There is a parking charge (£2.00 for over 2 hours)

Terrain: Open grassland with some wooded areas and lakes. A full golf course, pitch and putt and crazy golf courses are within the area of the map but all are Out of Bounds for the event. Buildings include a refreshments kiosk, miniature railway and toilets

Map: A4 landscape 1:7,500 scale, produced by Mapworks and updated in 2022

Relay Teams: 2 or 3 members of the same or different club(s). Teams wishing to be counted for the SWOA Relay Series should all be from the same club and incorporate their club name in the team name.

Relay Courses: 3 courses of about 2km.

Relay Rules: Each team must run each course twice in six consecutive sessions. No individual to run the same course twice. **EMIT** punching will be used and NWO will provide 2 EMIT cards/team at no additional fee.

Other Courses: **For those not taking part in the relay** Easy course (for beginners) and Short Green course for other orienteers

Times: **Assembly/Registration 10:15 – 10:55** **Relay Briefing 11:05**
Handicap Start for Relay (see below) with Base Time 12:00 noon.

Starts for other courses from 11:20

Fees: **Relay : Adults £8 Juniors £3**

Short Green : Adults £8 Juniors £3

Beginners' Course : Adults or Family groups £4 , Juniors £3

Fees Include EMIT card hire **but £47 charge for lost EMIT card**

Relay Entry: Team Captains **Please email the organiser by June 5th at the latest** to advise:

(a) Your team(s) name (including club if you wish to be included in the SWOA Relay Series)

(b) How many (2 or 3) team members in each team

(c) Name, club and age-classes of each team member and your team start time (see handicap system below).

You may change your team membership later (or on the day) if you need to. Unaccompanied juniors may run any of the courses, which are all entirely within the park. The fee for the team will be the total of the individual fees for the team members

Individual Course Entry: Those planning to do these courses if you email the organiser by June 5th you will be guaranteed a place. We will print some additional maps for these courses and entries after this date will be available while map stocks last.

Entry Payment will be taken on the day

Covid 19: Do not come to the event if you or anyone you are living with have symptoms of Covid-19 or if you have been advised to self-isolate by NHS Test and Trace

Every effort will be made to ensure the event is safe for competitors, volunteers and the public. We ask that at all times you adhere to the government's guidance on hygiene and social distancing. The event organisers and officials will follow the latest guidance from British Orienteering

https://www.britishorienteering.org.uk/COVID19_Safe_Orienteering

Organiser: Pete Gilder (NWO) email petejgilder@gmail.com or phone 07852 880150

Planner: Steve Jackson (NWO) **Controller:** Stuart Fisher (NWO)

Facilities: Toilets adjacent to refreshments kiosk, first aid kit available

Safety: Car keys must be left at registration if travelling alone.

All competitors must download even if they do not finish the course.

LEG COVER is ADVISED due to summer undergrowth.

All courses close at **14.00**. You run at your own risk and **must** report to finish.

Nearest A & E is Great Western Hospital, Swindon SN3 6BB.

See www.northwiltshire.org.uk for latest details and results.

All competitors run at their own risk and must report to the download whether they finish or not.

Please note: NWO will make every effort to ensure the event goes ahead as planned. However, should the event be cancelled, NWO reserves the right to retain part of the advance entry fees to meet event costs already incurred or committed.

See below for handicap information

NWO Relays Handicap Times

Each team member obtains an age-class related handicap time (minutes) as follows:

M Class	Handicap time	W Class	Handicap time
M14	-6	W14	-7
M16	-4	W16	-6
M18	-2	W18	-5
M20	-1	W20	-4
M21	0	W21	-3
M35	-1	W35	-4
M40	-2	W40	-5
M45	-3	W45	-6
M50	-4	W50	-7
M55	-5	W55	-8
M60	-6	W60	-9
M65	-7	W65	-10
M70	-9	W70	-12
M75	-11	W75	-14

Starts will be at 12:00 noon for non-handicapped runners (i.e. 3 M21 runners) and all others run at 12:00 minus their combined handicaps. For teams of 2 runners the combined handicap will be increased by 50%

Example

A team of 3 consisting of M21, M40 and W50 would have a handicap of -9 minutes and therefore start at 11:51.

Each team should inform registration of their lead runner start time.